

# MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER. NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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# IN HONOR OF OUR VETERANS IT'S FRIDAY ENTERTAINMENT LIVE PARTY WITH THE

AND... ESPECIALLY FOR OUR VETERANS, WE WILL BE SERVING HOMEMADE HOT APPLE PIE WITH ICE CREAM

DAY TIMERS OUARTET

Friday, November 14th • 1:30 pm At the Needham Senior Center There is no fee for this program. Sign-up is required.

The presentation of barbershop music uses musical and visual methods to convey the theme of the song and provide the audience with an emotionally enjoyable and entertaining experience. The musical and visual delivery is from the heart, believable, and sensitive to the song and its arrangement throughout. In advance, we thank Wingate for sponsoring this event. To sign-up call (781) 455-7555.

#### HOMEMADE APPLE PIES NEEDED

If you are able to bake 1 or more apple pies for our Veterans Appreciation Entertainment Party on Friday, November 14th, please call Sherry at the Needham Senior Center at 455-7555. We assure you that the pies will be appreciated and enjoyed!

#### BOUTIQUE, CRAFT AND BAKE SALE ON ELECTION DAY

Tuesday, November 4, 2008 At the Needham Senior Center

Stock up on holiday gifts! Craft items, lots of great stocking stuffers, re-gifted new items. We will also have our baked goods for sale as well. All proceeds from both sales will be donated to the Friends and will help support the Compass and other Council on Aging programs.

# A PRESENTATION ON EMERGENCY PREPAREDNESS AND FIRE SAFETY

Monday, November 17th • 1:30 pm The Needham Health Department and the Fire Department Present at the Senior Center

**Emergency Preparedness:** Preparedness has become an integral part of all of our lives. It is a shared responsibility with well prepared residents, businesses and town departments. As in every emergency situation the more we are all prepared the better it is for all involved. Learn some simple steps to help you prepare for an emergency and be ready to respond in case of an urgent event. Fire Safety: Your home should be a safe haven. But do you regularly check for home fire hazards? If not, there is the potential for danger. Fire departments responded to nearly 400,000 home fires in 2007. That's why planning for an emergency is important and Arthur Hopkins from the Needham Fire Department will be here to help you plan for your home fire safety.

# THANKSGIVING DAY DINNER

Anyone who wishes to attend the dinner, needs a ride, or would like home delivery please contact the Needham Community Council at 444-2415 to make your reservations in advance.

The Rotary Club of Needham and the Needham Community Council will co-sponsor the Annual Thanksgiving Day Dinner at 12 noon on Thursday, November 27 at the Masonic Hall, 1101 Highland Avenue, Needham. This free dinner is offered to people of all ages who wish to experience community and camaraderie with their fellow neighbors. Needham Rotarians, Community Council members, and other volunteers will serve a delicious hot turkey dinner with all the trimmings at noon. Entertainment will add to the festivities during dinner. Transportation will be provided to and from the dinner for those who need it. For those who are unable to join in the fun at the Hall, we have a wonderful "Take-Out" service delivered right to your door. Please join us for the festivities!

Senior Center Hours: Monday - Friday 9:00 am - 4:00 pm



Council on Aging Chairperson Susanne Hughes

#### **Staff**

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Barbara Falla, LICSW Social Worker

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Dorene Nemeth, MBA Denise Roskamp, MD SHINE

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Jack Donna

Pat Dunton

Marjorie Gaulitz

Miriam Kronish

The mission of The Needham Council on Aging is to respond to its older residents' needs by providing a welcoming, inclusive, and secure environment where individuals and families benefit from programs, services and resources that enhance their quality of life and provide opportunities for growth.

## DEAR FRIENDS,

Jay Kaplan has accepted our invitation to join the Friends of Needham Elderly Board. We are thrilled to have him with us! When you see him at the Senior Center or around town, remember to thank him for his recent commitment. Welcome, Jay!

A few weeks ago, some of the Friends' Board members joined the Turkey Train Trip and enjoyed an early Thanksgiving dinner – turkey with all the trimmings – while taking a ride around Lake Winnipesauke! What a treat! This was one of the Friends' trips organized by our member, Jeanne Blakeney.

It got us thinking about how grateful we are for all the friends we have made because of our affiliation with the Friends' organization and the Council on Aging Department. We are thankful for your help and encouragement throughout this past year and hope you all have a wonderful Thanksgiving holiday!!

Frances Rogers

Marjorie Swanton

Florence Volk

## Jan + Pat

#### FRIENDS DONATIONS

- Eunice Bliss
- John and Alice Coppinger
- Mary Corcoran
- Mary Creeden
- Jean Ferrier

- Denise Garlick
- Eileen MacQuarrie Meg Shannon
- Beverly Johannesen
   Virginia Summers
- Barbara Leader
- Robert Mearls

#### **MEMORIALS**

- Jean Ferrier in memory of George Ferrier
- Mary Ellen Hannigan in memory of Annie H. Lynch

# FRIENDS OF NEEDHAM ELDERLY MEMBERSHIP/DONATION FORM

rate://		me:
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_		Donation Memorial* (Please see below) <b>Total Enclosed</b>
		ame of Deceased
wing information:	rovio	cknowledgement to family is desired, please pr
		me of Deceased Family and Address
ar		ease make checks payable to: FRIENDS of Need DNE, 83 Pickering Street, Needham, MA 02492

## Dear Friends,

I know that this is a particularly stressful time for many of us due to the economic crisis we are facing and the fact that winter is coming. Daily I need to remind myself to take a deep breath and to participate in things that will reduce my stress and surround me with support from acquaintances and family.

Thanks to all of your suggestions, input from the professional staff and the hard work of Sherry Jackson, our Associate Director, there is a bountiful amount of educational and leisure opportunities taking place at the Stephen Palmer Senior Center and at various locations throughout town. I know many of you are taking advantage of them and I am hoping that they are helping in the ways mentioned above? If you don't decide to join in the activities remember you can visit the department Monday through Friday, 9a.m.-4 p.m., by dropping by the Center to have a cup of coffee and a chat or to speak to one of the staff to receive useful information or support. Spending time together can help.



#### **COMPASS COLLATING**

#### Tuesday, November 18th • 9:30 am

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

#### MOVIES AT 1:00 PM

at the Needham Senior Center

#### **MONDAYS**

#### November 10th

"Indiana Jones and the Kingdom of the Crystal Skull," (2008)

November 24th "Pillow Talk," (1959)

#### FRIDAYS

November 7th "Hollywoodland," (2006)

November 21st

"Lions for Lambs," (2007)

**November 28th** 

"Kramer vs. Kramer," (1979)

# NEEDHAM COUNCIL ON AGING AND SENIOR CENTER DONATIONS

- Alvera Emanuello in Memory of her Mother
- Mr. & Mrs. Kenneth Chambers in Memory of Franklin Farrar

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# HELP THE FRIENDS SAVE \$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us.

# POOL MATCH POLICE, FIREFIGHTERS, SENIORS PLAY POOL Wednesday, November 19th 12:30 - 4:00 pm

What do police officers, firefighters, and seniors have in common? For one thing, many of them play pool. The Senior Center will host an 8-ball doubles tournament that will run the whole day, and pizza will be served to participants and spectators, alike. It promises to be a fun day for all, both players and cheerleaders. So, mark your calendars, and be a part of the excitement as a pool shark or as a fan.

# A MINI LECTURE: "HOW TO BEAT THE HIGH COST OF GROCERY SHOPPING"

# Thursday, November 20th II: 15 - II: 45 am

Please join us for a mini lecture by nutritionist Nancy Keefe from Springwell

#### **TRIPS**

In November we will present our Annual Overnight Trip to the beautiful White Mountain Hotel in No. Conway, N.H. It is a 3 day, 2 night trip with all the amenities, wonderful scenery, outstanding meals (ordered from the menu), and fantastic surroundings. \$379 twin, \$349 triple, and \$469 single. Call for particulars. The final trip of the year will take place on December 4th when we will travel to the Yankee Pedlar Inn. This trip will include a spectacular meal, a trip to the Christmas Tree Shop and will be topped off with a drive through the Bright Nights display at Forest Park in Springfield. The price - only \$60. For more information contact leanne at 455-7555.

### NEEDHAM COUNCIL ON AGING AND SENIOR CENTER

As you may or may not know, the Needham Council on Aging and Senior Center does not receive funding for recreational programming. Our greatest attempt is to recruit volunteers to teach or lead programs. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will always offer scholarships.

## LIFE LONG LEARNING AT THE NEEDHAM SENIOR CENTER

#### PROGRAMS AND CLASSES, FALL 2008

So, your grandchildren are off to college and now you can learn too, at your local Needham Council on Aging and Senior Center! Increasing in popularity are life long learning opportunities for older adults. This fall we have programs that include Art, Music, Literature, Language and Current Affairs. It's up to you, you can take one or as many classes as you would like.

**IMPORTANT:** Due to space limitations and because the Literature, Music and Art classes are popular, we encourage you to secure your seat by pre-registering using the attached form. Once we receive your registration form, we will then send you a confirmation letter for the classes that you have signed up for. Also please check the location of the class. Due to our space limitations we are unable to hold all our programs at the center. To accommodate all of our programs we utilize space at the following locations: Avery Crossings Assisted Living, YMCA on Chestnut Street, the Baptist Church and St. Joseph's School.

#### REGISTRATION FORM

Name	
Telephone	
Address	

When registering you may sign-up for one or as many classes/sessions as you would like. Simply check off the programs that you wish to attend. Next add your fees and submit a check, made out to the Needham COA and mail or drop off to the Needham Council on Aging at 83 Pickering Street, Needham MA 02492.

#### **ART HISTORY**

- ☐ Wednesday, November 5th Claude Monet – Fee: \$4.00
- ☐ Wednesday, December 3rd Music and Dance – Fee: \$4.00

#### LITERATURE

☐ Monday, November 10th
Gail Rice, Book Reviewer for "The
Space Between Us" by Thrity
Umrigar — Fee: \$4.00

#### MUSIC GREATS

- ☐ Tuesday, November 18th Rodgers and Hart – Fee: \$4.00
- ☐ Monday, December 1st Irving Berlin – Fee: \$4.00

## **ART HISTORY**

#### **CLAUDE MONET**

Wednesday, November 5th • 10:30 am
Please note location is off site:
Avery Crossings, 110 West Street
Pre-registration is recommended.
Cost of the program is \$4.00.

The engine behind the Impressionists. The artist whose direct observation of nature, atmosphere and light is most associated with the ideals of Impressionism. Join us for a retrospective look at his life, his work, his influence and his contribution to the most revolutionary new style of painting.

#### MUSIC AND DANCE

Wednesday, December 3 • 10:30 am
Please note location is off site:
Avery Crossings, 110 West Street

Pre-registration is recommended. Cost of the program is \$4.00.

The human brain is an amazing thing. We use visual images to communicate with one another as a species. We look at images with our eyes, but pictures can connect us to our other senses as well; sound, touch, even taste & smell. We hear the music, feel the movement and can remember events in our lives with all of our senses, just by looking. Join us for some "sensory recall", as we look at images that let us hear, and dance and connect to the world and our own lives.

About the Presenter: Jane Blair, an art educator is the founder of an art awareness program, Art Matters. Ms. Blair has a bachelor's degree of Fine Arts from Boston University and a master's degree in Fine Arts from the University of Illinois. She teaches art at DeCordova Museum Art School in Lincoln, MA.

## LITERATURE

# GAIL RICE, BOOK REVIEWER FOR "THE SPACE BETWEEN US" BY THRITY UMRIGAR

Monday, November 10th • 1:30 pm

At the Needham Senior Center

Pre-registration is recommended. Suggested cost for the program is \$4.00.

Set against the backdrop of modern day Bombay, this novel is the story of the friendship of two women: Sera and her long-time servant, Bhima. Bhima has worked in the Dubash household for more than twenty years and has had an extremely harsh life full of despair and loss. We follow the lives of these remarkable women right to the very dramatic ending where each of them is forced to make their own surprising choices!

## MUSIC GREATS

#### **RODGERS AND HART**

Tuesday, November 18th • 1:30 pm

At the Needham Senior Center

Pre-registration is recommended. Cost of the program is \$4.00.

Mr. Stanley Macht will discuss the life and works of Rodgers and Hart interweaving the program with live music with songs such as, Blue Moon, My Romance, Where or When, My Heart Stood Still and others.

About the Presenter: Stanley Macht is a gifted pianist and musicologist. He currently does over 300 performances a year!

#### **IRVING BERLIN**

Monday, December 1st • 1:30 pm

At the Needham Senior Center

Pre-registration is recommended. Cost of the program is \$4.00.

A one hour program dedicated to the life, works and songs of Irving Berlin. Jack Craig will trace Mr. Berlin's rise, work with legendary performers and the musical spell he cast over America. Jack Craig will also perform some of the 300+ songs created by Irving Berlin.

About the Presenter: Jack Craig earned a Music Education degree from Lowell State College. Jack spent 32 years teaching. Over the past ten years, he has created, 'Music with Class!' His programs express his passion for music, and have inspired 'new generations' to love these music greats.

#### VOLUNTEER APPRECIATION LUNCHEON – NOVEMBER 6, 2008

Please note the Senior Center will be closed from 12:30-2:00pm for the luncheon.

#### **VOLUNTEER OPPORTUNITIES:**

The Needham High School community would like to involve as many senior citizens as possible in high school programs. The new high school building is a large place requiring a variety of adults to keep it running smoothly. Ideally, the High School administration would like to have pairs of volunteer senior citizens stationed each day at the main entrance to act as Senior Greeters. The Senior Greeter's main responsibility would be to act as an extra pair of eyes and ears at the school's main entrance and to welcome visitors to the high school community.

The Needham Public Schools (NPS) and the Needham Council on Aging (NCOA) will be partnering for intergenerational volunteer opportunities. The NPS are seeking non-parent volunteers to act as GREETERS in the High School, to offer MATH ASSISTANCE throughout the NPS, and SUPPORT in the NEEDHAM SCIENCE CENTER.

#### **SENIOR CENTER VOLUNTEER OPPORTUNITIES:**

Friendly Visitors • Receptionist B.A.G.S. - Bringing Assisted Grocery Shopping

#### MONDAY'S Lunch Bunch

November 3
One Bistro, Norwood

November 10 British Beer Company, Walpole

November 17 Bugaboo Creek, Dedham

November 24
Joe's American Bar &
Grill, Dedham

Meet at the Needham Senior Center. Sign-up is suggested

Due to the increased interest in our LUNCH BUNCH program, please be sure to SIGN UP in advance for the lunch you want to attend. The suggested donation of \$5.00 to cover expenses will be collected on board the van, and then you will pay the cost of your meal at the restaurant. Meet at the Senior Center at 11:30 am. Board our Van and enjoy the ride. Enjoy!! To sign-up call 781-455-7555.

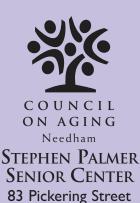
# CONGRATULATIONS TO NEEDHAM COUNCIL ON AGING AND SENIOR CENTER

Wingate Healthcare has selected the Needham Council on Aging to be the recipient of the "Outstanding Service Award" for November, 2008. In celebration of this award Wingate is inviting seniors to the award presentation breakfast held at Wingate in Needham on Thursday, November 20th, 9-10:30 am. If you would like to attend the Breakfast please call the Senior Center to sign-up, 455-7555.

#### TRIVIA GROUP

At the Needham Senior Center

Would you like to join our new trivia group? If yes, give Sherry Jackson a call at 781-455-7555.



SENIOR CENTER Drop-In Hours: 9:00 am - 4:00 pm Monday thru Friday

Needham, MA 02492

781-455-7555

### SHINE UPDATE MEDICARE ALERT

Last month, many people with Medicare received a fat package from their prescription drug plan or Medicare private health plan that describes changes to their plan for 2009.

These changes may include: drugs that will no longer be covered, increased monthly premiums and increased co-pays for drugs, doctors' visits or hospital stays. People who do not pay attention to or understand this notice may not find out about these changes until January when it will be TOO LATE to do anything about it! DON'T LET THIS HAPPEN TO YOU! Now is the time to make sure you understand how your plan may be changing and review other plans that are available to you. During the annual Medicare Open Enrollment Period (November 15 - December 31), you can CHANGE your plan to one that best meets your needs. This change will be effective on January 1, 2009. For details call 1-800-MEDICARE or visit www.medicare.gov. Call your center SOON for a SHINE appointment as they are in great demand! (781) 455-7555

#### THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at, I-800-922-2275. For more info. call the Needham Senior Center at 781-455-7555.

### **PLEASE** PATRONIZE OUR ADVERTISERS.

To place your ad here, call 781-455-7555

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NOVEMBER					
MONDAY	Tuesday	Wednesday	Thursday	Friday	
9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: One Bistro, Norwood 11:45 Lunch: Meatloaf or Chicken Salad Sandwich 1:00 Bridge – Men 1:30 Friends of Needham Elderly	9-4 BIG Boutique, Craft 4 & Bake Sale 9:00 Spanish Class 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch: Baked fish or Ham and Cheese Sandwich 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women No Yoga or Exercise Class Today ELECTION DAY	9:00 Keep Well Clinic 9:00 Exercise 10:30 Art History #3 10:30 Songsters 11:45 Lunch: Chicken Chili or Egg Salad Sandwich 12:00 Weight Watchers 1:00 Bridge – Men 2:30 Better Balance 3:15 Exercise with Lisa	10:00 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Baked Sliced Ham or Turkey Salad Sandwich SENIOR CENTER CLOSED 12:30-2:30PM FOR VOLUNTEER APPRECIATION PARTY	9:00 Exercise with Pearl 9:15 Quilting 10:30 Exercise 11:00 Walking Club 11:45 Lunch: Stuffed Shells with Meatballs or Roast Beef and Chees Sandwich 12:00 Computer Lessons 1:00 Movie: Hollywoodland 1:00 Board Games 1:00 Bridge – Men	
10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: British Beer Company, Walpole 11:45 Lunch: Sweet and Sour Chicken or Turkey and Swiss Cheese Sandwich 1:00 Movie: Indiana Jones and the Kingdom of the Crystal Skull 1:00 Bridge – Men 1:30 Gail Rice, Book Reviewer for "The Space Between Us" by Thrity Umrigar No Tai Chi Today	Senior Center Closed in Observance of Veterans Day	9:00 Exercise 10:30 Songsters 11:45 Lunch: Hot dog or Breaded Chicken Patty Sandwich 12:00 Weight Watchers 1:00 Bridge – Men 2:00 Better Balance 3:15 Exercise with Lisa	13 10:00 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Fish Florentine or Chef Salad Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa	9:00 Exercise with Pearl 9:15 Quilting 10:30 Exercise 11:00 Walking Club 11:45 Lunch: Beef Steak Patror Tuna Salad on Lettuc 12:00 Computer Lessons 1:00 Bridge – Men 1:30 Entertainment with the Day Timers Quartet No Board Games or Movie Today	
2:00 Tai Chi Class 2:00 Tai Chi Class 2:00 Trip: White Mountains 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: Bugaboo Creek, Dedham 11:45 Lunch: Baked Fish or Roast Beef and Cheese Sandwich 1:00 Bridge – Men 1:30 Emergency Preparedness and Fire Safety	9-4 Ping Pong Match 9:00 Spanish Class 9:00 Trip: White Mountains 9:15 Compass Collating 9:15 Yoga 10:30 Current Events 11:45 Lunch: Chicken or Seafood Salad Sandwich 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 1:30 Music Greats 3:15 Exercise with Lisa Please note: We will have regular ping pong hours today	9:00 Keep Well Clinic 9:00 Trip: White Mountains 9:00 Exercise 10:30 Songsters 11:45 Lunch: Chicken Kielbasa or Chicken Salad Sandwich 12:00 Weight Watchers 12:30 Police v. Firefighters Pool Tournament 1:00 Bridge – Men 2:30 Better Balance 3:15 Exercise with Lisa	9:00 Breakfast at Wingate 10:00 Piano Lessons 10:00 Knitting 10:00 Whist 11:15 Grocery Shopping Tips 11:45 Lunch: Thanksgiving Special: Roast Turkey, Gravy, Stuffing, Whipped Potatoes, Vegetables, Corn Bread and Apple Pie 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa	9:00 Exercise with Pearl 9:15 Quilting 10:00 Low Vision Group 11:45 Lunch: Stuffed Cabbage or Turkey ar Cheese Sandwich 12:00 Computer Lessons 1:00 Movie: Lions for Lambs 1:00 Board Games 1:00 Bridge – Men	
9-4 Pool Tournament 9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: Joe's American Bar & Grill, Dedham 11:45 Lunch: Eggplant Parmesan or Tuna Salad Sandwich 1:00 Movie: Pillow Talk 1:00 Bridge – Men	9:00 Spanish Class 9:15 Bridge – Women 9:15 Yoga 10:15 Senator Brown Office Hours 10:30 Creative Writing Group 11:45 Lunch: Beef Stew or California Chicken Salad 12:00 Weight Watchers 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 3:15 Exercise with Lisa	9-4 Pool Tournament 11:45 Lunch: Macaroni and Cheese Sandwich or Roast Beef and Cheese Sandwich 1:00 Bridge – Men 2:30 Better Balance No Exercise Class Today	SENIOR CENTER CLOSED FOR THANKSGIVING	9:00 Exercise with Pearl 9:15 Quilting 11:45 Lunch: Chicken with Penne or Seafood Salad Sandwich 12:00 Computer Lessons 1:00 Board Games 1:00 Movie: Kramer vs. Kramer 1:00 Bridge – Men	

Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 781-455-7555 • www.needhamma.gov

#### **Offsite Locations of Programs**

#1 Charles River YMCA • 380 Chestnut Street
#2 Needham Public Library • 1139 Highland Avenue
#3 Avery Crossings Assisted Living • 110 West Street
#4 Baptist Church 858 Great Plain Ave.

Please Note: Items in bold indicate that sign-up is required.



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AND HOSPITALITY MEET

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Derrek Shulman

Nina Silverstein

Betsy Tedoldi

Mary Elizabeth Weadock

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Read this newsletter in your choice of easy-to-read formats.

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